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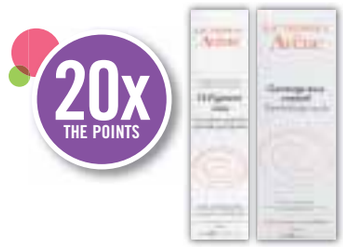

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metro
11:05 AM
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SASKATOON metro®

NEWS WORTH SHARING.

Province sees first West Nile death in years

Resident dies of syndrome rarely caused by virus PAGE 2

Protesters blow their tops ... off

Women take off their shirts in the Quebec legislature, upset over PQ's inconsistent application of secularism PAGE 3

HOW TO SHOOT A FILM WHERE THERE IS NO UP OR DOWN
ALFONSO CUARÓN TALKS ABOUT GETTING SPACE RIGHT IN HIS THRILLER, GRAVITY
PAGE 6

Stylish urban architecture lives at Walden.

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At the provincial legislature on Tuesday, Health Minister Dustin Duncan announced $10 million for an "urgent issues action fund" to tackle serious problems found at seniors' care homes. MARCO VIGLIOTTI/METRO

$10M set to fix urgent flaws at seniors' homes

Quality of life. Critics say money is either a 'good start' or weak response to huge issue

MARCO VIGLIOTTI
Metro in Regina

The Saskatchewan government is putting $10 million forward to tackle, through internal reviews, serious problems found at seniors' care homes.

But critics say the province should do more.

"We are committed to making improvements that address these issues and improve quality of care and quality of life for seniors," Health Minister Dustin Duncan said on Tuesday in announcing the "urgent issues action fund."

Duncan added that the government will also contribute $2.5 million to expand the Regina-based Home First/Quick Response pilot program to the Saskatoon and Prince Albert Parkland health regions.

A report on recent reviews by health region chief executives highlights a variety of issues, including infrastructure woes at facilities under the purview of the Regina Qu'Appelle Health Region and "toileting" delays that resulted in residents "soiling themselves" in Saskatoon.

Duncan said he is "disappointed" by several findings, including concerns about privacy and food quality.

"Some of the issues cited speak to an overall quality-of-life standard that we undoubtedly need to address," Duncan told media at the legislature.

"Specific incidents can only be categorized as unhygienic, unsafe and unacceptable."

Maura Davies, CEO of the Saskatoon Health Region, said that although the funding represents a "good start," it won't "ultimately address the larger issues of adequate staffing or the condition of some of our facilities."

NDP Leader Cam Broten, who has long criticized the Saskatchewan Party government over the state of the province's long-term-care facilities, charged that $10 million is a limp response to an "urgent" problem.

"It doesn't nearly go far enough," Broten told Metro. "We need better staffing levels in care facilities and better standards."

Duncan said he expects funding to begin rolling out in December.

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NEWS 1

Saskatchewan resident dies from West Nile

In the past. The last fatality in the province from the virus occurred in 2007

ALYSSA MCDONALD
Metro in Regina

A Saskatchewan resident has died from the neurological syndrome of the West Nile virus.

"This is the first death, unfortunately, from West Nile in the last five years," Dr. Saqib Shahab, the province's chief medical health officer, said on Tuesday of the virus in Saskatchewan.

Shahab, however, offered little insight into the death, refusing to reveal even the victim's gender, age or general region of residence while citing what he described as patient confidentialities.

He did confirm that the victim died within the past two weeks from the neurological syndrome.

Including the death, there have been five confirmed West Nile cases — four men and one woman between the ages of 40 and 70 — in the province this year, while four of them have had the serious neurological symptoms of the virus.

Shahab said he could not confirm how many of those people have been hospitalized.

"The most severe form of West Nile — the neurological syndrome — is more likely to present in individuals who are older and more likely to result in serious outcomes, even death, if there are underlying factors," he said.

"But again, that may not always be the case."

On Sept. 20, though, Shahab confirmed that a man in his early 60s from the Five Hills Health Region had been in hospital for a few days with neurological symptoms. Shahab would not confirm on Tuesday whether he's the one who perished.

The neurological syndrome affects only one per cent of those who contract the virus. Many other people who contract West Nile experience minor symptoms, if any.

Saskatchewan has also had one confirmed asymptomatic blood donor and seven additional suspected cases under investigation this year.

The last West Nile fatality in Saskatchewan occurred during an outbreak in 2007 when six people died and nearly 1,500 became infected.

Saskatchewan's chief medical health officer, Dr. Saqib Shahab, speaks to media on Tuesday in Regina about the West Nile virus death. ALYSSA MCDONALD/METRO

Local woman wins 25 grand on the air

Jessie Denie and her seven-year-old daughter Abygail. JACOB MORGAN/METRO

A woman from Saskatoon hit the jackpot Tuesday morning on C95's Break the Bank contest.

Jessie Denie, a 29-year-old who works at Sobeys, was in the car with her seven-year-old daughter when she became the first person to ever win $25,000 in the five years the station has been holding the promotion.

"Oh my god, I'm going to have a heart attack," she exclaimed on the air. "I think I actually might throw up."

Program director for C95, Chris Myers, said the way the contest works is that listeners can call in three times a day to open virtual bank vaults.

"In the first vault they get to keep whatever amount of money is in there. They can risk that and open up more vaults and with each vault there's more money," he said.

"But in any one of those vaults, there could be what we call the buzzer where you lose all your money."

While the odds of winning everything are quite low, he said that after five years, it was bound to happen.

Myers said typically the phone conversations last about five minutes, but Denie was on the line for 20 minutes as she decided whether or not to go the whole way. Until now, nobody has won more than $8,000.

"Our hosts in the morning — Rob, Shauna and Sheri — went through a flurry of emotions from shaking to crying," he said. "The entire office was just glued to the radio."

JACOB MORGAN/METRO

High risk

Search on to find sex offender

Michael Sean Stanley RCMP

Police in Lloydminster are asking for the public's help in locating a high-risk sex offender who removed his electronic monitoring bracelet.

Edmonton native Michael Sean Stanley, 48, arrived on Tuesday in Lloydminster, where he cut off the electronic tracking device and left it on the roof of a business on the 4300-block of 54th Avenue.

Stanley, who has a history of abducting children from playgrounds, is wanted for breaching court release conditions.

RCMP describe Stanley as five-foot-nine and 190 pounds with black hair and brown eyes. They said he might be driving a purple 1996 Chevrolet Trail Blazer with possible Alberta plate BHD1954.

Anyone with information on Stanley is asked to contact RCMP in Lloydminster at (306) 825-6350. METRO

North Battleford

Arrest made in homicide

Saskatoon native Nicholas Clifford Giroux, 36, has been charged with second-degree murder in the death of 20-year-old Thang Sian Mang, North Battleford police confirmed Tuesday.

METRO

New study

Take a breath of Saskatoon air

People in Saskatoon are breathing a little easier than those in Regina. A new study rates Saskatoon No. 1 when it comes to preventing second-hand smoke. Regina was rated 16 out of 26 Canadian cities.

THE CANADIAN PRESS/CJME

They stand on guard.
Five notable women seek gender-neutral O Canada

Demanding change: Margaret Atwood, left, Kim Campbell, Nancy Ruth, Vivienne Poy and Sally Goddard. THE CANADIAN PRESS/FILES

A group of notable Canadian women is launching a campaign for gender-neutral language in the English lyrics of O Canada.

The group says the change would restore the national anthem to its original gender-neutral intentions.

The group — which includes author Margaret Atwood and ex-prime minister Kim Campbell — has set up a website to promote the idea.

It is calling on Canadians to join the campaign and encourage Prime Minister Stephen Harper's government to change the line "in all thy sons command" to "in all of us command."

RestoreOurAnthem.ca is being launched on the 100th anniversary of the change made to Judge Robert Stanley Weir's original English lyrics.

The coalition says for no documented reason the lyrics were revised in 1913 from "thou dost in us command" to "in all thy sons command" and it's time to make a change to reflect the inclusive intentions of the original lyrics.

Other members of the group include Senator Nancy Ruth, author and fashion designer Vivienne Poy and Sally Goddard, mother of Nichola Goddard, the first female Canadian soldier killed in combat.

THE CANADIAN PRESS

Cross about cross. Values charter sparks topless row in Quebec legislature

A topless protest interrupted the daily question period in Quebec's national assembly Tuesday, in a screaming semi-nude denunciation of the controversial values charter.

Women began removing their clothes while Premier Pauline Marois was answering a question.

Shouts erupted in the gallery and everyone's eyes, including the premier's, drifted upward.

As the protesters disrobed, they chanted a slogan against the presence of the crucifix in the chamber. Security guards pulled a trio of half-naked protesters away and struggled to dress them.

The protest was over a Parti Québécois proposal that would leave the crucifix in the chamber; Christmas trees would remain in public offices; and the giant cross would stay above Montreal's Mount Royal.

THE CANADIAN PRESS

Last to leave, please switch off the lights

America shuts down.
800,000 federal workers sent home as historic wrangle over health care shutters many U.S. agencies

U.S. showdown

The extraordinary U.S. shutdown was caused when a long-running dispute over President Barack Obama's health-care law stalled a temporary funding bill.

The U.S. Congress hung "Closed" signs on a big swath of government Tuesday.

About 800,000 workers were sent home.

Barricades sprang up at the Lincoln Memorial and other monuments.

The National Park Service was turning off 45 fountains around Washington D.C.

Agencies like NASA and the Environmental Protection Agency were virtually shuttered.

More than a third of the federal civilian workforce was furloughed — equivalent to the combined workforce of Target, General Motors, Exxon and Google.

And on Capitol Hill, Democrats and Republicans traded blame for the first partial government shutdown in nearly two decades. But people classified as essential government employees — such as air traffic controllers, Border Patrol agents and most food inspectors — worked.

So did members of the military and employees such as State Department workers who issue passports and visas.

With the Republican-controlled House and Democrat-controlled Senate at a stalemate, it was unclear how long the shutdown would last — or who the public would blame for unanswered phones and locked doors.

"There has to be better ways to run the government than to get to a standstill like this," said Cheryl Strahl, who travelled from California to take in New York City sites.

THE ASSOCIATED PRESS

Amid the shutdown...

Life-or-death stuff: Obama

Hailing it as a "historic day," President Barack Obama pressed forward his flagship health-care program Tuesday.

"This is life-or-death stuff," Obama said. He said tens of thousands of Americans die each year for lack of health insurance, and others go bankrupt.

"Today we begin to free millions of our fellow Americans from that fear," he added.

THE ASSOCIATED PRESS

Go home, folks: A U.S. Park Police officer helps to close down the Martin Luther King Memorial in Washington D.C. on Tuesday.
MARK WILSON/GETTY IMAGES

TRUE PATRIOT GENDER-NEUTRAL LOVE

JUST SAYIN'

Paul Sullivan
metronews.ca

Oh, Canada, here we go again.

Another attempt to revise the lyrics of our national anthem.

This time, a group of prominent Canadian women including Margaret Atwood and Kim Campbell want to change "In all thy sons command" to "In all of us command," which is OK by me. I could never quite get my head around, "In all thy sons command," anyway. It's not as if we talk like that.

"Like, true patriot love in all thy sons command."

"Whatever, dude."

The point is, the prominent women are feeling left out. They want Canada to command an upwelling of true patriot love in female glowing hearts as well, and who can blame them?

Of course, some people think it's a bad idea to mess with the lyrics of our national anthem. Is nothing sacred etc.? It might help them to know that the original 1908 lyrics include the phrase "thou dost in us command" which makes no sense at all but at least it's gender neutral.

They should also know that O Canada wasn't even our official national anthem until 1980. Before that it was God Save the Queen, which, like the Queen, goes on forever. O Canada is much snappier, especially now that some of the "dosts" "thous" "thees" and "thys" have been eliminated.

In the face of the argument that the prominent women are only seeking a revision of the revision, traditionalists will fall back on the problem that if you mess with one line, the whole thing opens up, encouraging people with nothing better to do than lobby for new words to the national anthem.

Take "our home and native land," for instance. In 1990, Toronto's city council actually voted to encourage the government to change it to "our home and cherished land" because some non-native Canadians might feel left out.

Not to worry. They're too busy trying to figure out "true patriot love in all thy sons command."

Meanwhile, the next generation has tuned out. According to a 2010 University of Victoria survey, nearly 70 per cent of high school students enrolled in choir don't know the lyrics to O Canada, regardless of the version. And that's the in-tune student body. Presumably the fail among the general population is even higher.

Traditionalists will argue that's because they don't sing the song at the start of the day at school anymore, and maybe they're right. In fact, the only place we do sing it is at professional sporting events, usually alongside the Star Spangled Banner, which doesn't make any sense either.

But that's OK. It's an opportunity for Beyoncé or Nikki Yanofsky to look good and sound good while they funk up the tune.

After all, we stand on guard for what so proudly we hailed at the twilight's last gleaming from far and wide. Don't we?

Visit metronews.ca to watch the video and share your opinion.

ZOOM

The horror of war in numbers

THEFALLEN9000.INFO PHOTOS

Stenciled bodies recall Normandy

In an awe-inspiring and emotional project, the silhouettes of 9,000 bodies were stenciled on a beach in Normandy, France, as a tribute to those who died during the Second World War.

Titled The Fallen 9000, the work served as a visual reminder of the Allied and German forces, and civilians, who died during the D-Day beach landings at Arromanches on June 6, 1944. METRO

Concept to creation

"It was a quiet and emotional statement about what happens in the absence of peace. After I made my first figure, I broke down crying."

Jamie Wardley, artist
Wardley, 33, came up with the idea for the project with Andy Moss, 50

Silhouettes erased but impression lasts

The two sculptors came up with the idea for the International Day of Peace, a global observance day instituted by the UN.

The sculptors from Bradford, England, spent two years organizing the event. The silhouettes were later erased by the tide, but the project's effect lives on.

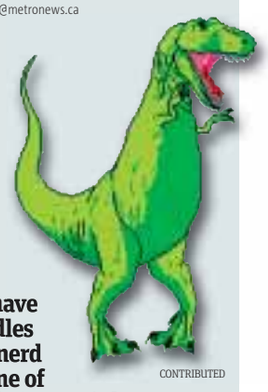
"Veterans are telling me how it brought home the impact war has," artist Jamie Wardley said. METRO

About 200 volunteers from various backgrounds and ages raked with stencils.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

You know you've made an impact when you get an asteroid named after you, right? Web comic creator Randall "XKCD" Munroe (now of the Asteroid 4942 fame) has proven comedy and science/math/language/smart stuff can go hand in hand. Running since 2005, XKCD comics have evolved from scanned doodles to 3,000-panel time lapse nerd jokes. Though Munroe is one of the web comedy pioneers, he's certainly not alone.



CONTRIBUTED

Perry Bible Fellowship:
Running as a weekly comic in the mid-2000s, getting a book deal in 2011 and now publishing 'wheneverly,' PBF's humping dinosaurs, pregnant teenage chickens and bad apples are a staple of Internet comics.

Dinosaur Comics:
Celebrating its 2,500th (at least according to the URL) comic Tuesday, Dinosaur Comics somehow manages to keep the LOLs rolling using the same six panels featuring a green T-Rex and a gay (they say) Utahraptor.

Twitter

@metropicks asked: Kingston Pen is rife with stories of escape and revolt. Now that it's shutting its doors, what should be done with it?

@OttUncensored: make it a taco stand!

@AlexnotAlecs: Trendy condos. Student housing. Convert the entire thing to a maximum security day care centre. No babies climbing those walls.

@twitandrewking: A pen factory.

@Banannikka: Youth Hostel!

@iamAngC: leave it the way they walked out of it don't sugar coat it and open it to the public

@kasey_with_a_k: turn it into a museum, like alcatraz. People will pay for a good criminal ghost story or two. #tourism

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

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Ebook service bets readers will buy into subscriptions

Publishing. Scribd, HarperCollins offer access to thousands of titles for monthly fee

Online document-sharing site Scribd is taking a page from Netflix's success story as it sets out to create the world's largest subscription service for digital books.

The opening chapter in Scribd's quest began Tuesday with the introduction of an e-book subscription service that will boast thousands of titles published by HarperCollins before July 2012. HarperCollins, which is owned by News Corp., becomes the first of the five largest U.S. publishers to join a service vying to create an alternative to buying individual titles.

Scribd will charge $9 US per month for a service that offers unlimited access to most of HarperCollins' back catalogue, as well as an assortment of other books from smaller publishers. Recent bestsellers from HarperCollins aren't included in the subscription service, although customers will be able to buy new titles individually on Scribd's site.

"I feel we are moving into new uncharted waters, but that's what innovating and reading is all about," HarperCollins CEO Brian Murray said in an interview. "I feel like this is the right deal with the right partner at the right time and we are going to learn."

Scribd is trying to create the book industry's version of Netflix Inc.'s online video service, which has attracted more than 37 million subscribers who pay $8 per month to watch a wide selection of movies and TV shows.

Different model

- If it's successful, Scribd could help publishers cultivate an alternative to the electronic bookstores run by Amazon, Apple and Google.
- Scribd CEO Trip Adler, 29, has raised $26 million US in venture capital since he started the San Francisco company six years ago to help his father post a paper about neurosurgery online.

"For power readers, this is going to be like a dream come true," said Scribd CEO Trip Adler. "We think this could really change the book publishing's business model and change people's reading behaviour." THE ASSOCIATED PRESS

Happy ... Batik Day?

Models show off outfits by designer Embran Nawawi, who launched a new line of Maduranese stamp batik clothing on Tuesday in Surabaya, Indonesia. On Oct. 2, 2009, the United Nations Educational, Scientific and Cultural Organization (UNESCO) formally recognized Indonesian batik as a world heritage tradition, and since then, the date has been used to mark Batik Day. ROBERTUS PUDYANTO/GETTY IMAGES

Telecom

'Dirt cheap' mobile prices can't last, report concludes

A new report says that Canada's small wireless companies have undercut Rogers, Bell and Telus by more than half on voice and data prices in recent years, giving consumers lower cellphone bills. But it also says that these prices aren't sustainable. The Convergence Consulting Group report says that the smaller wireless players can't keep offering "dirt cheap" prices and stay in business.
THE CANADIAN PRESS

Market Minute

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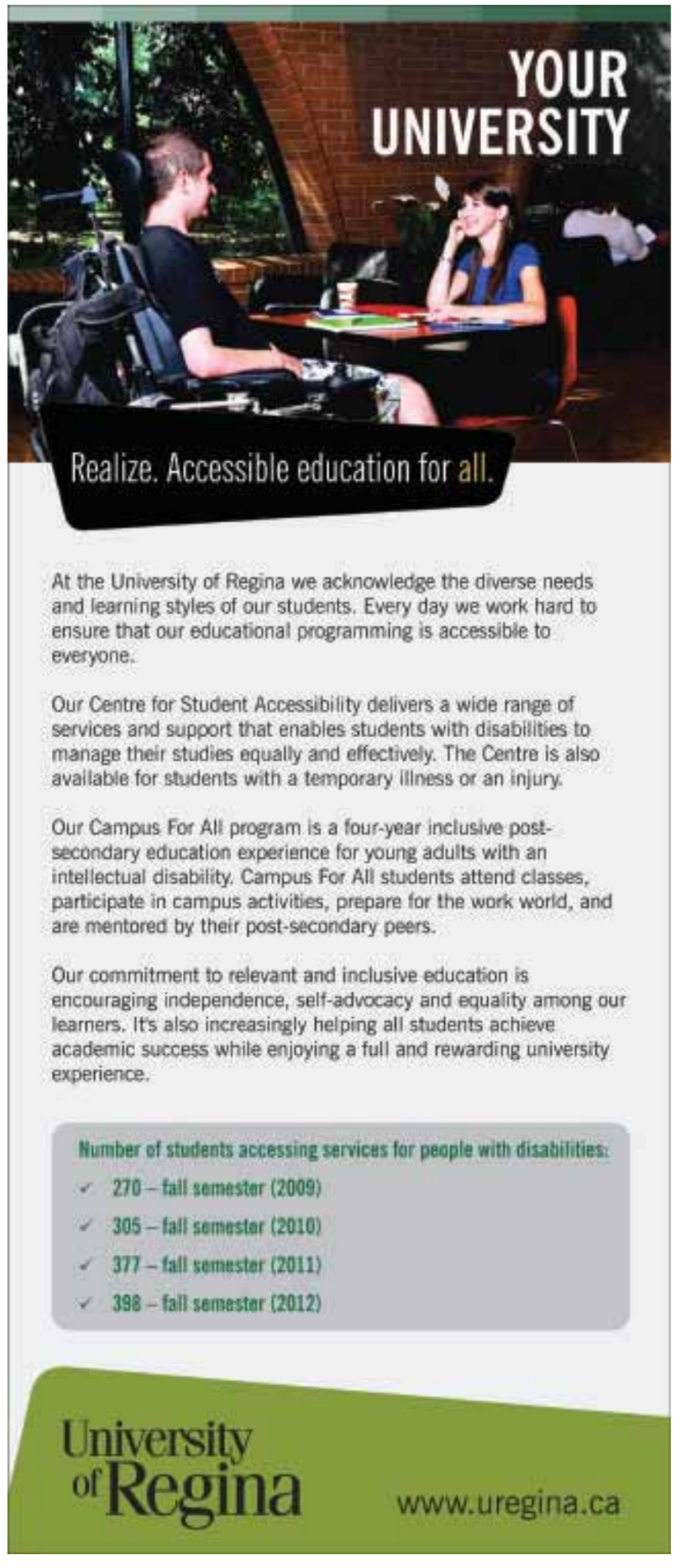
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Gravity can get heavy but it will pull you in nonetheless. CONTRIBUTED

Stomaching zero-gravity

Interview. Alfonso Cuarón talks about making space film and surviving the Vomit Comet

NED EHRBAR
Metro World News in Hollywood

Alfonso Cuarón apologizes for the delay in bringing his latest film, Gravity, to the masses, but properly presenting outer space turned out to be a tough nut to crack. And rest assured, the results are worth the wait. Plus, Cuarón got to discover a new favourite past-time: Experiencing zero-gravity on the Vomit Comet.

I suppose my first question after seeing this film is: how?
Well, the first thing is we're trying to do a film that takes place in space but that looks like those Imax documentaries that you're used to seeing. We didn't want it to look like a comic book or a fantasy rendering of space. So that was the point of the departure. The rest of the conversation was, "OK, how the heck are we going to do it?" So we tried several existing technologies. Nothing existed that we could use so we had to invent our own tools. And then four and a half years later, here we are.

You just get such fluid camera motion, which you've always had, but it's amplified here.
It's because there's no up and there's no down. That's the thing, we wanted to honour the physics and the mechanics in zero-G, including not only the character and the objects but the camera. A lot of that was informed by doing tests in different systems and possibilities, including parabolic flights — the Vomit Comet. Once you're floating you don't have much control. Your inertia dictates how you move. We talked about that, that the camera was also in zero-G, the camera is not controlled.

Did you get sick on the Vomit Comet?
No, I loved it. The stunt man actually threw up, but I didn't. I loved it, I loved it. It's really amazing, it's so much fun. And I'm a wimp with roller coasters, I cannot stand them. But this one, I could do it all day long. The beautiful thing of the parabolic flight is when you start floating, for me it was one of those things that felt almost primal and familiar.

Did you feel much resistance from the studio about the idea of a female lead?
No, no. There's the expression in the film, "Houston in the blind," which is a real expression when there's no communication, and the studio was in the blind. They were paying all this money to develop a technology that we didn't know was going to work, then investing in a shoot that we didn't know was going to work, then on top of that after the shoot they weren't able to see anything for eight months. And then we arrived to our release date a year ago and we were not ready. They said, "Do you need a couple of months?" "No, we need a year." And they had to keep on going. And with Sandy, yeah obviously when you are at some early stage there are voices that say, "Why don't you do it with a male lead? It's more exciting and we can have these actors. These kind of movies work better with a male lead." Yeah, you have some voices, but the moment that I said that I couldn't envision this film with a male lead, they were OK with it. There was no huge pressure.

I still get angry about the botched release of Children of Men, which was criminally overlooked when it came out.
I guess it was the release and stuff, but frankly maybe it was that it didn't connect with audiences, you know?

Small Group/Company Christmas Parties
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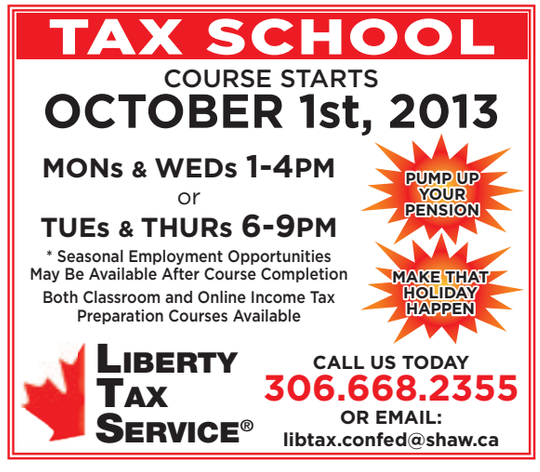

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Bynes. ALL PHOTOS GETTY IMAGES

Amanda Bynes' meltdown just got way less funny

Amanda Bynes has been formally diagnosed with schizophrenia and bipolar disorder, according to Radar Online.

"It was what Amanda's parents, Rick and Lynn, had suspected all along," a source says.

"Nevertheless, it was difficult to process for Amanda's parents. The bright side is that Amanda can lead a long, normal life as long as she takes her medication. Doctors at the treatment facility are still working to get Amanda therapeutic meds and she is responding to the medications she is being given to treat her dual diagnosis."

The Word

Cher still has no problem telling it like it is

ALEXANDRA CAVALLO
Metro World News

You know who is one of the baddest mamba jambas in the music industry, to this day? Cher. Do not even try and tell me that Cher is not the coolest old lady around, because I am armed with irrefutable evidence with which to counter you.

Firstly, she called out Madonna — one of the other old ladies still behaving like a boss in the biz — for being, well, for being kind of a B.

Secondly, she threw said shade at Madge in a Reddit forum.

Yes! Cher is older than my mother, who has just barely mastered the fine art of electronic mail, but the lady is well-versed in the ways of the Internet netherregions.

Over the weekend, she logged on for an Ask me Anything open forum on Reddit (oh, by the way, she introduces herself on said forum thusly: "Hi, I'm Cher, I'm 100 years old") during which someone asked why she hated Madonna.

Cher, being the classy yet truth-spitting broad that she is, responded, "I never hated her; I just thought she was a bitch."

And that, my friends, is 'nuff said.

Miley Cyrus

Miley majored in twerking instead

Before embarking on her post-Disney career, Miley Cyrus admits she flirted with the idea of going to college.

"I kind of like the way Mary-Kate and Ashley (Olsen) did it. They were bajillionaires from being these kid stars, and they decided that that wasn't the future that they wanted," she tells Rolling Stone.

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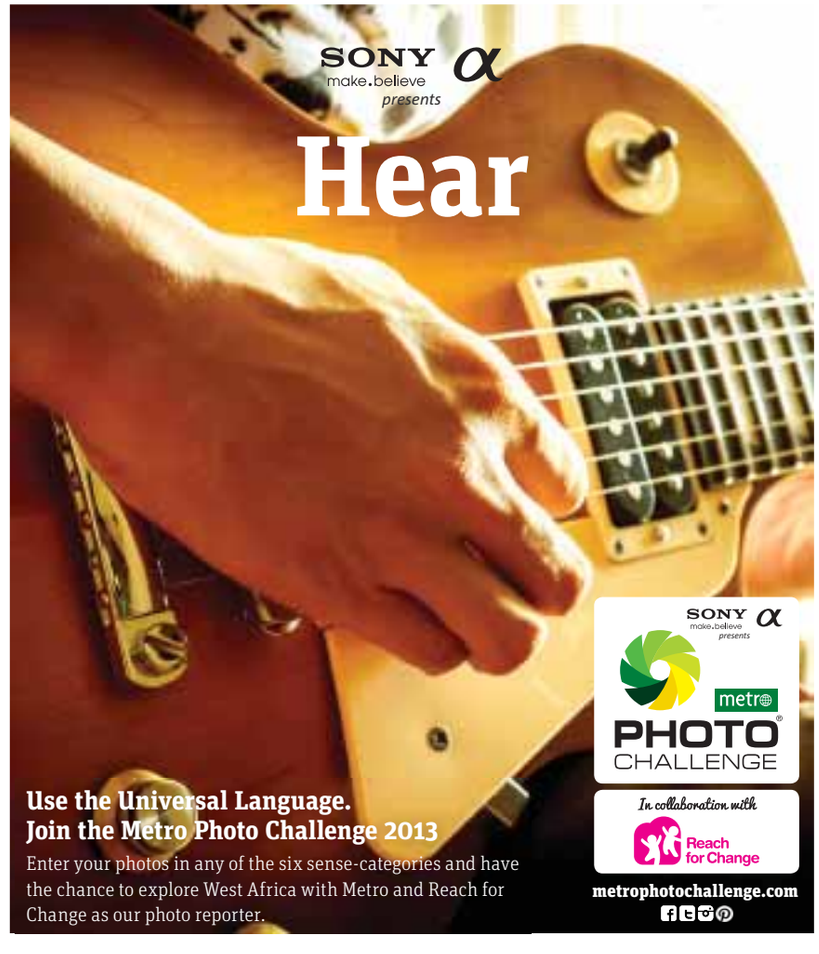

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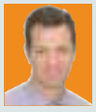
Italy

There IS something to rent in Tuscany



ON THE MOVE
Loren Christie
life@metronews.ca

Want to plan the perfect week in Tuscany? Here's how to make this bucket list holiday to Italy a reality.

Vacation at a villa. Do your research and compile a list of must–haves such as Internet access, swimming pool and number of bedrooms required. Get testimonials from past guests. The pleasant surprise with a villa is a large group will often pay less than they would in a hotel. I recently rented a gorgeous 500-year-old villa outside of Cortona with eight friends and it cost us $500 per person for the week.

Rent a car or bike. Iconic Italian cities like Florence and Siena are easily accessible and worth exploring, but to truly discover the hidden gems of Tuscany, you need your own wheels. The charming towns of Montepulciano, Cortona and San Gimignano are just a few worth the visit.

Taste the local flavours. Forget fusion; a good meal in Tuscany is about celebrating what's in season. Whether mushrooms, truffles or tomatoes, eat the food that is fresh. Make sure to sample the regional specialties, such as Florentine steak, Pienza's pecorino cheese or my personal favourite, wild boar pasta.

Hit a winery. Many of the wineries in Tuscany do not like walk-ins, especially if you are travelling in larger groups, so call and reserve a tasting in advance. Ask if there is a restaurant on-site and enjoy your tasting along with a meal. I recommend the Salcheto Winery just outside of Montepulciano.

The beach at the Fairmont Southampton hotel is perfect for swimming. The rocks off shore make a great diving spot, too. JIM BYERS/METRO

Soak in the sun and sights of Bermuda

Kick back. The weather is hot and the vibe is cool in this tropical paradise

JIM BYERS
@jimbyerstravel
jimbyerstravel.com

You probably know about the golf. And you might think there are a lot of guys in funny shorts and long socks. But Bermuda is more hip than you might expect.

Drinking

There are two traditional drinks in Bermuda. The Dark and Stormy has ginger beer, dark Gosling's rum (no other kind counts) and lime juice. Folks rave about Bermuda's Rum Swizzles but I found the one I tried at the famous White Horse Tavern in Bermuda far too sweet. In the main town of Hamilton, the Pickled Onion is a sleek affair that wouldn't look out of place in Toronto's Yorkville or Vancouver's Yaletown. When I was there drinks included "Pink Panties" and "The Black Banana." Ahem. Flanagan's Irish Pub on Front Street in Hamilton has reasonable prices and a second-storey patio overlooking the harbour.

Sleeping

The Fairmont Southampton is a pink beauty on a hill along the south shore. There's a great beach and it's adjacent to marvellous Horseshoe Bay. Rooms in October go from about $330 a night. I stayed at a casual but adorable spot in the village of St. George's called the Crooked Elbow, close to a couple of nice beaches and cool forts and only a short walk from shops and pubs. It's got lots of space and goes for about $150 a night in high season, with a five night minimum.

Dining

St. George's has a couple of places on the waterfront, including Tavern on the Sea (decent food; great views). The online reviews are good but at dinner in St. George's I found Wahoo's Bistro only adequate. The Waterlot Inn, affiliated with the Fairmont Southampton, is a stunner. I had a three-steak tasting menu that was $60 but it beat the heck out of Ruth's Chris. The service is terrific and the sticky toffee pudding with vanilla ice cream will have you singing with joy. Stuff yourself at the Jamaica Grill in Hamilton with jerk chicken, rice and peas and other Jamaican delights in a cheap but fun neighbourhood joint. Mickey's sits on the edge of Elbow Beach and you can dine a few inches from the sand. They do a lovely grilled seafood platter with scallops, shrimp, salmon, local fish, octopus and tender calamari, plus veggies and mashed potatoes, for about $40.

Doing

Bermuda is famous for reefs that have caused many a shipwreck; bad if you're a sailor but great if you're a diver. May to October offers the best chance for calm, clear water and is the best time for swimming, especially on exposed south shore beaches. You also can try horseback rides or rent bikes or mopeds, which are everywhere. Or explore the shops and fun streets in St. George's, including Featherbed Alley and Old Maids Lane. Oh, OK, you are a golfer? There are courses galore, none more famous perhaps than Port Royal, where they hold the annual PGA Grand Slam event, featuring the winners of golf's four major tournaments (Oct. 14 to 16 this year). One too many rum swizzles? Climb the Gibbs Hill lighthouse to work off some calories and soak in views of all Bermuda's islands.

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‘Faux’ mini cheesecakes full of flavour

Strawberry-Coconut ‘Cheese’ Cake

This recipe makes 24 mini-cake servings. MISSAVACADO.CA

Ingredients

- 2 cups (500 ml) raw cashews
- 1/2 cup (125 m) chopped pitted dates (about 5)
- 1 lb (500 ml) strawberries
- 1 large fully ripened avocado from Mexico, halved, pitted and peeled
- 3/4 cup (175 ml) coconut oil
- 1/4 cup (60 ml) lemon juice
- 1/3 cup (75 ml) raw agave syrup
- 1/2 tsp (2 m) raw vanilla extract
- 12 fresh strawberries, sliced (garnish)

Crust

- 1 1/2 cups (375 ml) chopped or sliced raw almonds
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) chopped pitted dates (about 5)

1. In bowl, place cashews and dates. Pour in enough water to cover; let stand for 1 hour. Drain.

2. Meanwhile, mist 24, 1/2 cup (125 ml) ramekins (or other similar-sized freeze-proof molds) with cooking spray. Line each with plastic wrap, leaving enough to create a bit of an overhang for “handles.”

3. Crust: In food processor, add almonds, shredded coconut and salt; pulse until in coarse crumbs. Add dates; pulse until well combined. Divide and press into bottoms of ramekins.

4. In high-power blender, or in clean food processor bowl, add drained cashews and dates, the strawberries, avocado, coconut oil, lemon juice, syrup and vanilla. Process until very smooth. Pour over bases; freeze until firm, at least 2 hours.

5. Remove from freezer 30 to 60 minutes before serving (or, move to refrigerate up to 1 day ahead); remove plastic wrap, plate individual cakes, and let thaw. To garnish, top each with sliced strawberries.

MISSAVACADO.CA

What are you, some sort of expert or something?

A word to the wise on what it takes to advise. Do you have the goods to take on a career in the consulting field?

MEGHAN GREAVES
TalentEgg.ca

If it makes you happy to make others happy, and you know where your career passion lies, then get your consulting career cracking! ISTOCK

Are you thinking about a career in consulting?

If so, you’re probably wondering what it takes to be successful in the industry.

Since there are many fields within consulting, diverse personalities and dispositions can find an excellent career fit as a consulting professional.

However, successful consultants tend to have a core group of personality traits that they apply to different extents in their discipline.

You’re a “people person”

As a consultant, you’ll be working with your team and multiple clients, so you’re bound to feel like an outsider at some point or another.

Consultants need to be able to remove the barrier between themselves and their clients to build trust and confidence. In order to do this you need to feel comfortable working in different environments and with different people on a daily basis.

You’re a multi-tasker

As a consultant, you’ll have to constantly manage multiple clients, all of whom come to you with different tasks, questions, concerns and suggestions.

Your plate will always be full. The trick to not getting overwhelmed is to prioritize your tasks effectively so each client’s needs are met.

If you find that multi-tasking comes naturally to you, a career in consulting may just be your calling.

You’re passionate

Not only do consultants have to be passionate about their industry; they have to be just as passionate about helping clients. A client can tell if you truly care about his or her success.

You’re confident

Everyone has bad days no matter what field they work in. A great consultant can get back on the horse when things aren’t going smoothly. While doing this, you’ll also need to motivate your team to keep chugging along and provide them with solutions to the problems ahead.

As a consultant you’ll get tough feedback, experience set-backs and make difficult decisions. A successful consultant can push through these barriers with confidence.

You’re resourceful

Being resourceful is an extremely helpful trait to have as a consultant. This trait will help you know when to ask for advice, and where to find the right information. You can’t be scared to ask for help, especially when starting out!

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Saskatoon Blades goalie Alex Moodie stops a shot by Red Deer's Rhyse Dieno in the first period at Credit Union Centre Tuesday night. SIMON HIATT/CONTRIUBED

Blades still searching for 1st win of season

WHL. Saskatoon's stumble out of gates continues vs. Red Deer

The young Saskatoon Blades played well, but remain the only team in the WHL still in search of their first win of the season after dropping a 4-2 decision to the Red Deer Rebels Tuesday night.

The teams played each other relatively evenly in the first, matching each other shot for shot. But at the 18:51 mark, the Rebels' Conner Bleackley netted his second goal of the season, redirecting the shot by Matt Bellerive past Blades goalie Alex Moodie.

In the second it was Bleackley scoring once again on the power play to make it 2-0 at 3:22. Then just 36 seconds later, Grayson Pawlenchuk expanded the Rebels' advantage to 3-0 with his fourth goal on the season.

The Blades were finally able to beat Red Deer netminder Patrik Bartosak as David Nemecek scored his second of the season on the power play with assists going to Nathan Burns and Nikita Scherbak at 13:40.

On Tuesday

Rebels	Blades
4	2

One minute later, Saskatoon native Austin Calladine, playing in his first game for his hometown team since being acquired from Calgary, was hit hard by Red Deer's Devan Fafard and had to be helped from the ice. Fafard received a game misconduct on the play.

The Blades cut the lead to one at the 13:18 mark in the third as Collin Valcourt and Scherbak ran the give-and-go, resulting in Valcourt's fourth of the year. That would be as close as Saskatoon would get in the game as Red Deer's Dominik Volek added an empty netter with time winding down to make the final 4-2.

SIMON HIATT/FOR METRO

MLB

Canadian Martin provides homer heroics in Pirates' wild-card win

Russell Martin homered twice, Marlon Byrd also connected and the Pittsburgh Pirates roared past Cincinnati for a 6-2 victory in the NL wild-card game Tuesday night.

In front of a black-clad crowd savouring its first post-season game since 1992, Andrew McCutchen added two hits and reached base four times for Pittsburgh.

THE ASSOCIATED PRESS

Pirates catcher Russell Martin GETTY IMAGES

NHL

Caps busted by champs in opener

Brandon Saad, Johnny Oduya and Marian Hossa scored in the third period, and the Chicago Blackhawks kicked off their Stanley Cup title defence with a 6-4 victory over Mikhail Grabovsky and the Washington Capitals on Tuesday night.

Patrick Kane, Brent Seabrook and Brandon Bollig also scored for Chicago.

Grabovsky had three goals and an assist in his first game since he signed with Washington in August. Alex Ovechkin had a goal and an assist, but the Capitals dropped their opener for the second straight season. THE ASSOCIATED PRESS

Reimer proves Leafs coach right in opener

George Parros of the Canadiens and Colton Orr of the Maple Leafs fight on Tuesday in Montreal. RICHARD WOLOWICZ/GETTY IMAGES

Toronto Maple Leafs coach Randy Carlyle had a gut feeling that James Reimer would rise to the occasion in the team's NHL regular-season opener.

It turned out he was right, as Reimer made 34 saves and Mason Raymond got the game-winner in his first game with the Leafs as Toronto downed the rival Montreal Canadiens 4-3 in a fight-filled opener on Tuesday night.

One of the fights led to a scary moment when Montreal's new enforcer George Parros was carried off on a stretcher in the third period after falling on his face during his second bout of the night with Colton Orr. Parros suffered a concussion and went to hospital for further evaluation.

Opening night

Leafs	Canadiens
4	3

Between the five fights in the game, Reimer made the saves and won a fourth straight start against Montreal.

"That was the hunch," said Carlyle. "He's played very well in this building in the time I've been here. I felt he gave us the best chance to win."

Reimer got the nod over Jonathan Bernier, who joined the Leafs from the Los Angeles Kings in the off-season.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
The Sun and Pluto will send your emotions into overdrive today. If there is someone in your life who doubts your love and desire they won't be left in any doubt at all over the next few days. You're on fire.

♉ Taurus
April 21 - May 21
Demand that work colleagues and employers treat you with the respect you deserve. And if they don't? Then you will just have to look around for better people to work with and for.

♊ Gemini
May 22 - June 21
You may find it hard to control your emotions today but that's good. Usually you're so happy-go-lucky people think you never get annoyed but it isn't true and they must know.

♋ Cancer
June 22 - July 23
Quick decisions are not always good decisions, so take your time and get it right. Some people may be annoyed that you can't seem to make up your mind about something but their feelings don't count.

♌ Leo
July 24 - Aug. 23
You may be tempted to walk away from a situation that is getting you down but if you do you are likely to regret it. With the Sun at odds with Pluto today this is not a good time for grand gestures.

♍ Virgo
Aug. 24 - Sept. 23
Your natural distrust could cost you today, especially if you hesitate to take advantage of what appears to be a genuine proposal. Common sense should tell you the offer is legit.

♎ Libra
Sept. 24 - Oct. 23
Your head and heart will pull you in different directions today. If you are smart, you will realize whatever you choose will have consequences, so put off making a decision until the end of the week.

♏ Scorpio
Oct. 24 - Nov. 22
You have worked hard to get to your present position and have no intention of letting others take it away from you. Today's Sun-Pluto link will bring a challenge of some sort. Are you up to it? Of course you are.

♐ Sagittarius
Nov. 23 - Dec. 21
Opportunities you never knew existed will come knocking over the next few days but each will have a responsibility attached, so think carefully before you take advantage.

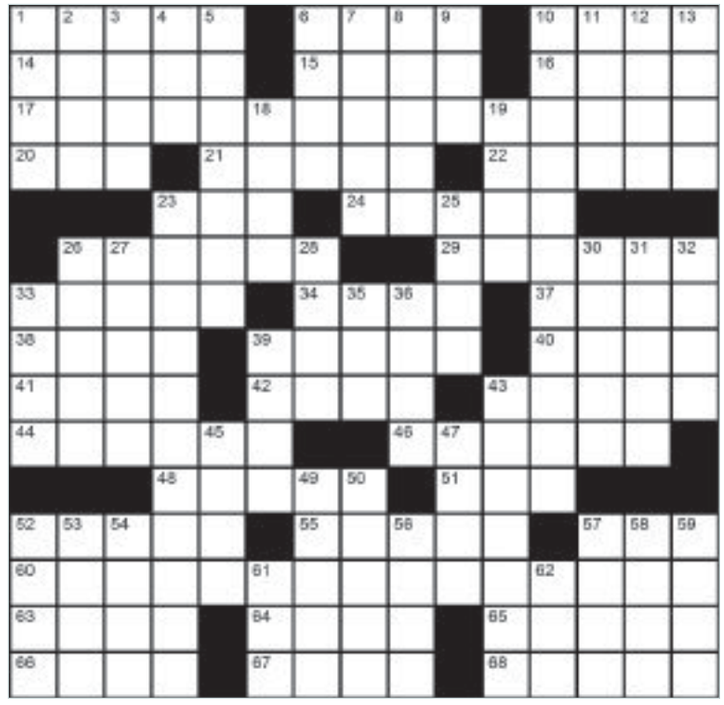
♑ Capricorn
Dec. 22 - Jan. 20
You are always ambitious and always competitive but the current cosmic picture could make you excessively determined to win. Be careful who you annoy on the way up — because you might meet them again on the way down.

♒ Aquarius
Jan. 21 - Feb. 19
The planets suggest you are well placed to move up in the world. All you have to do is get serious about your dreams. A change of scenery could change your outlook.

♓ Pisces
Feb. 20 - March 20
It's good make grand plans for your future but can you afford to make a big leap forward of some kind now? If not, start small. SALLY BROMPTON

Crossword: Canada Across and Down

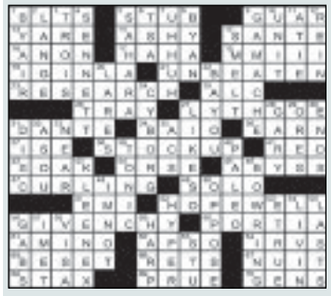
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Chocolate substitute
6. Mater's mate
10. Street performer
14. Earth's sky layer
15. Toilets, British-style
16. Paradise
17. Like the people at #26-Across: 2 wds.
20. Surgery sites, for short
21. "Have a Little Faith in Me" by John __
22. "Bust _ __" by Young MC
23. Certain conifer
24. Car company
26. Prehistoric culture of North America
29. Sci-Fi writer, Isaac __ (b.1920 - d.1992)
33. Beethoven's title lady
34. Hold off
37. Elizabeth Taylor's title
38. Gets workers for
39. Actress Olivia
40. Mountain goat's rock
41. Roman Numeral for 2501
42. Like fine wine
43. Matches
44. "Together Forever" singer Rick
46. "Blue Suede Shoes" bit: "Well, it's __ __ the money..."
48. __ Tuck
51. Compass point
52. Studio sign: 2 wds.
55. Canadian communications company
57. Jump
60. 501 __ __. NW (Canadian Embassy's locale in Washington, DC)
63. Desert weather
64. Ms. West's
65. Weasel kin
66. Much
67. Shortened helper
68. Beatles-style of jacket

Down
1. Small salmon
2. Cote d'__ (French Riviera)
3. Director Mr. Howard's
4. Man. neighbour
5. Bzzz-er's abode
6. Sea lettuce
7. Reluctant
8. Purposeful saying
9. Fireplace residue
10. "Come on down to the __ __ and I will / Buy you a bottle of wine..." - Joni Mitchell, "Carey"
11. Prefix meaning 'Thought'
12. Mr. Griffin
13. 'ence' word-ending alternative
18. Rihanna's nickname
19. Actor, George __
23. Dinosaur tooth, whale bone ...and others: 2 wds.
25. Decorator Mr. Berkus
26. Red Lobster servings
27. Swiss chocolate brand
28. Swallow swiftly
30. "The X Factor" host Mr. Lopez
31. Noted astrologer Sydney
32. Carrots, celery, e.g.
33. Title role for Gwyneth in 1996
35. Saloon serving
36. Oliver! song: "__ Anything": 2 wds.
39. "The __ _ Feel" by Gordon Lightfoot
43. CPP = Canada __ Plan
45. Misjudges
47. Nine: German
49. He was a Titan
50. Dreams: French
52. October birthstone
53. Emperor of Rome
54. Have _ __ to pick
56. Endure
57. Possesses, olde-style
58. Complete
59. Place inSouth America
61. Singer Ms. Sumac
62. Did lunch

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7			9	4	2			6
					3	8		
	2	6	8			3		
3	7		2		9	4		8
8								3
4		2	7		8		1	5
		8			6	7	9	
		9	4					
2			1	9	5			4

Yesterday's Sudoku

7	2	4	3	9	8	1	6	5
1	8	6	5	2	7	9	3	4
3	9	5	1	6	4	7	2	8
5	4	9	8	7	2	3	1	6
8	6	7	4	1	3	2	5	9
2	1	3	6	5	9	8	4	7
9	3	8	2	4	5	6	7	1
6	5	2	7	8	1	4	9	3
4	7	1	9	3	6	5	8	2

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